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Beast Spinning New Body Cardio (30 Min) Spinning Zumba Gutts 'n Butts (30 Min)

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Monday Tuesday Wednesday Thursday Friday Yoga 11:15 Am Yoga 10:45 Am Yoga 11:15 Am 6:15
6:30 6:30 9:00 9:15 8:00 Yoga Yoga Tank Top Arms (30 Min) 10:30 Am Rock Bottom
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- Create Or Prescribe Specific Meal Plans
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- Go Against Recommendations Of A Healthcare Professional

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